



Helping Your Child Follow Directions

Children with autism or social communication differences often need extra help learning to follow directions. Following directions helps children participate in family routines and supports safety.

Use these strategies to teach your child to follow directions:

1. Identify what you want your child to do and where and when it would naturally occur.
2. Show and tell your child what you want them to do (for example, getting their shoes out, putting clothes in the hamper, taking dishes to the sink).
3. Give your child as much help as needed to be successful (for example, labeling with pictures, visual schedule of the routine, physically showing the action).
4. Give immediate encouragement (for example, an excited voice, praise, clapping, high-five) each time your child does it.

If your child is increasing the number of times they follow your directions, what you are doing is working.